

SICK DAY GUIDELINES

KEY POINTS TO REMEMBER

- ➔ **Always check ketones with any illness**, especially if vomiting. Even if the blood glucose is low, check for ketones at least twice daily every day your child is sick.
- ➔ **If continually vomiting more than 4 hours contact the Diabetes Clinic Office (daytime hours) or the Nurse On-Call (after hours).**
- ➔ **Always take some insulin.** Never skip a dose entirely, unless instructed to by one of the doctors or educators. If taking Lantus insulin, give the normal dose and adjust the other insulin doses as instructed below.
- ➔ **Always drink plenty of fluids.** The types of fluids will depend on your child's blood glucose levels.

Checking Urine Ketones	Checking Blood Ketones (mmol/L)	Specific Instructions
No ketones	Below 0.6 mmol/l is in the normal range	<p>a) If blood glucose is below 80mg/dl give hard candy, popsicles, or sips of sugared drinks (2-4oz. per hour).</p> <p>If blood glucose is 200mg/dl or higher, give insulin according to the "correction dose" prescribed by your physician.</p> <p>b) <u>If unable to keep the blood glucose above 80mg/dl with the methods above, go directly to the closest Emergency Department.</u></p>
Small Ketones	0.6 – 1.5 mmol/l	<p>a) If blood glucose is below 80mg/dl give hard candy, popsicles, or sips of sugared drinks (2-4oz. per hour) until blood glucose is above 200mg/dl.</p> <p>b) When blood glucose is 200mg/dl or higher give: your correction dose of Humalog or Novolog.</p> <p>Humalog or Novolog can be given every 3 to 4 hours until the urine ketones are negative; blood ketones are below 0.6 mmol/l.</p> <p><u>Remember</u>, before giving extra insulin the blood glucose needs to be above 200mg/dl.</p>
Moderate to Large ketones	1.6 – 3.0 mmol/l	<p>a) If blood glucose is below 80mg/dl give hard candy, popsicles, or sips of sugared drinks (2-4oz. per hour) until blood glucose is above 200mg/dl.</p> <p>b) When blood glucose is 200mg/dl or higher give: 1 ½ times your correction dose of Humalog or Novolog.</p> <p>Humalog or Novolog can be given every 3 to 4 hours until the urine ketones are negative; blood ketones are below 0.6 mmol/l.</p> <p><u>Remember</u>, before giving extra insulin the blood glucose needs to be above 200mg/dl.</p>
	Above 3.0 mmol/l	If vomiting and appears ill, go to the Emergency Department. If eating and drinking well and continue to have ketones, contact the diabetes nurse or doctor's office for assistance. (Phone numbers on back)
If your child has been vomiting for more than 6-8 hours and/or appears to be dehydrated		Go directly to the nearest Emergency Department

Hospitalizations for ketoacidosis are preventable when ketone testing is done as indicated, the diabetes care provider contacted, and extra shots of insulin are given.

A NURSE EDUCATOR IS AVAILABLE IN THE DIABETES CLINIC DURING OFFICE HOURS TO ASSIST YOU:

- If this is your child's first "sick day" experience with vomiting and/or ketones since diagnosis. **Before calling, please have the following information ready:**

Your child's current blood glucose level

Your child's current urine or blood ketone level

Present problem or illness

- If your child has moderate or large ketones and you are having difficulty determining the appropriate insulin dose.
- If your child is taking Metformin (glucophage) and there is vomiting, diarrhea, difficulty breathing, or serious illness *stop the Metformin immediately* and call us.

CONTACT NUMBERS

Diabetes Clinic Office 801-587-3999

Monday – Thursday 9:00 a.m. to 4:30 p.m.

Fridays 9:00a.m. to 3:30p.m.

PCMC Hospital Operator 801-662-1000

Diabetes Nurse On-call Service for emergencies only

4:30 p.m. to 10:00 p.m. Monday – Thursday; 3:30pm to 10:00pm Fridays

8:00 a.m. to 10:00 p.m. Weekends & Holidays